



ST.
BARNABAS
EPISCOPAL CHURCH

HOLY EUCHARIST, RITE I

The Third Sunday in Lent

Year A

March 8, 2026 ♦ 8 a.m.



Welcome to St. Barnabas

Your presence is a blessing.

If you are unfamiliar with the ritual customs of The Episcopal Church, simply relax into worship and let the congregation carry you through the liturgy.

Please know that *all* are welcome at Christ's table.

In The Episcopal Church, we primarily use two books during service, which can be found in the pew rack. The Book of Common Prayer (BCP) is the red book, and The Hymnal 1982 (Hymnal) is the blue book. Page numbers for each book are detailed in this service bulletin to help you follow along.



 *All stand as able at the sound of the tower bell.*

Silent Procession

Opening Acclamation | Penitential Order, Rite I

BCP, p. 319

Presider Bless the Lord who forgiveth all our sins.

People **God's mercy endureth for ever.**

Scripture Sentence

BCP, p. 319-320

Confession & Absolution

BCP, p. 320

Kyrie eleison

BCP, p. 324

Collect of the Day

Presider The Lord be with you.

People **And with thy spirit.**

Presider Let us pray.

Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

The Liturgy Of The Word

The First Lesson

Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

Silence.

The Response

Psalm 95

1 Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

2 Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

3 For the Lord is a great God, *

and a great King above all gods.

4 In his hand are the caverns of the earth, *

and the heights of the hills are his also.

5 The sea is his, for he made it, *

and his hands have molded the dry land.

6 Come, let us bow down, and bend the knee, *

and kneel before the Lord our Maker.

7 For he is our God,

and we are the people of his pasture and the sheep of his hand. *

Oh, that today you would hearken to his voice!

8 Harden not your hearts,

as your forebears did in the wilderness, *

at Meribah, and on that day at Massah,

when they tempted me.

9 They put me to the test, *

though they had seen my works.

10 Forty years long I detested that generation and said, *

"This people are wayward in their hearts;

they do not know my ways."

11 So I swore in my wrath, *

"They shall not enter into my rest."

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Silence.

The Holy Gospel

John 4:5-42

The Holy Gospel of our Lord Jesus Christ according to John.

People **Glory be to thee, O Lord.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who

drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.” Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.” Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him. Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.” Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

The Gospel of the Lord
People Praise be to thee, O Christ.

 **The Sermon**

The Reverend Dianne Andrews

Silence.

 **The Nicene Creed**

BCP, p. 326

 or  **The Prayers of the People**

With all our hearts and with all our minds, let us pray to the Lord.

Response: silent prayer.

And now, let us say together the Collect for Our Time of Transition...

Gracious, loving, and changeless God: you bless us with your steadfast presence here at St. Barnabas known in the gifts of beautiful music, worship, caring, and serving in our midst. We offer joy and thanksgiving for the life we share, for the stable foundation on which we stand, for all that has been and all that is yet to come. Grant us wisdom, patience, and joyful anticipation as we navigate this time of transition. Keep our hearts and minds open to new possibilities. Help us to grow, even as we patiently wait. Direct us toward a partner in ministry who will support us in becoming ever more your Beloved Community, that we may live the Gospel in the world loving our neighbors as ourselves. With grateful hearts we praise you, compassionate and loving friend, source of life and all goodness. We pray this in the name of Jesus. Amen.

 **The Peace**

BCP, p. 332

 **Welcome & Announcements**

 **Birthdays & Anniversaries**

Prayers for birthdays and anniversaries are found on the pew card in the rack in front of you.

The Liturgy of the Table



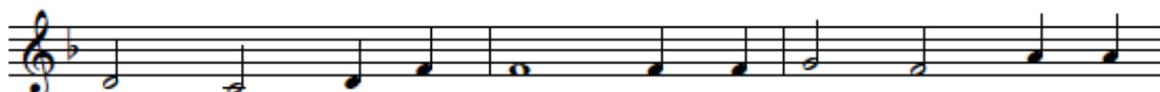
The Offering

An offering of money is collected. You may make an offering online by scanning the QR code found on the back of your bulletin.

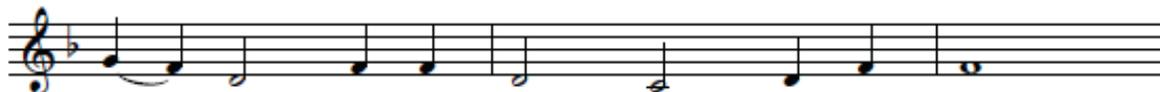
Hymn from Voices Found *Healing River of the Spirit*



1. Heal - ing riv - er of the Spir - it, Bathe the
2. Well-spring of the heal - ing Spir - it, Stream that
3. Liv - ing stream that heals the na - tions, Make us



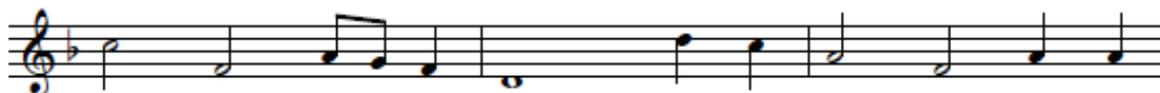
wounds that liv - ing brings. Plunge our pain, our sin, our
flows to bring re - lease, As we gain our selves, our
chan - nels of your pow'r. All the world is torn by



sad - ness Deep be - neath your sa - cred springs.
sens - es, May our lives re - flect your peace.
con - flict; Wars are rag - ing at this hour.



Wea - ry from the rest - less search - ing That has
Grate - ful for the flood that heals us, May your
Sav - ing Spir - it, move a - mong us, Guide our



lured us from your side, We dis - cov - er in your
Church en - act your grace. As we meet both friend and
wind - ing hu - man course, Till we find our way to -



pres - ence Peace the world can - not pro - vide.
stran - ger, May we see our Sav - ior's face.
geth - er, Flow - ing home - ward to our Source.

 **Presentation Anthem**

Presider All things come of thee, O Lord,
People **And of thine own have we given thee.**

The Great Thanksgiving *Eucharistic Prayer I* **BCP, p. 333**

Sursum Corda **BCP, p. 333**

Celebrant The Lord be with you.
People **And with thy spirit.**
Celebrant Lift up your hearts.
People **We lift them up unto the Lord.**
Celebrant Let us give thanks unto our Lord God.
People **It is meet and right so to do.**

Sanctus **BCP, p. 334**

The Lord's Prayer **BCP, p. 336**

The Breaking of the Bread

Presider Christ our Passover is sacrificed for us;
People **Therefore let us keep the feast.**

Agnus Dei **BCP, p. 337**

Prayer of Humble Access **BCP, p. 337**

The Invitation to Communion

 **Communion of the People** **BCP, p. 338**

All are welcome to come forward to receive Holy Communion. Gluten-free wafers are available in addition to bread. Wine may be received either directly from the chalice or by using an individual plastic cup. Cups are located on a table in front of the first pew on the right as you face the altar. We ask that you not intinct the bread (dip the bread into the chalice). After receiving communion, please deposit your cup in the glass container located on the right as you head back down the aisle. If you prefer a blessing, please cross your arms over your chest to indicate your desire to the priest.

Communion Music, Hymnal 685, Rock of ages, cleft for me

Solemn Prayer Over the People

Silent Recession & Dismissal

BCP, p. 339-340

Episcopalianism 101 | Tuesdays at 6:30 p.m. Thru April 14

Are you new to The Episcopal Church or want a refresher course about Episcopalianism? Interested in baptism, confirmation, being received into The Episcopal Church, or reaffirm your baptismal vows? This class is for you! Those who are interested in receiving sacramental rites on Cathedral Day, Saturday, April 25 should prepare by joining Episcopalianism 101. Classes will cover topics such as "What is an Episcopalian?," "Sacraments," "Anglican History," and much, much more! All are welcome to drop in on one or all of the classes!

If you are interested in baptism, confirmation, reception into the Episcopal Church from another Christian tradition, or formal reaffirmation of baptismal vows on Cathedral Day at St. Mark's, Seattle on April 25, please contact Rev. Dianne, revdianne@stbbi.org to register.

Wednesday Night Soup Suppers | 6 p.m. | Through March 18

The St. Barnabas tradition of coming together for a simple soup supper on Wednesdays in Lent continues. Dianne+ will offer a series based on Richard Rohr's work Embracing an Alternative Orthodoxy. Details about weekly offerings in the series can be found on our website. Sign-up to bring soup and/or bread on the sign-up sheet in the parlor or parish hall, or email info@stbbi.org and we will add your items to the sign-up.

Ministers of the Liturgy

Presider and Preacher | The Reverend Dianne Andrews

Music Director & Organist | Sheila Bristow

Eucharistic Ministers | Stu Case, Su Beecham

Lectors | Stu Case, Su Beecham

Ushers | Angie Bickerton

Altar Guild | Peggy & Kirk Eichenberger, Bonnie Chan, Babe Kehres, Melanie Roth

Coffee Hour | Su Bunn



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Wi-Fi Network: St. Barnabas Guest | Password: barnabas1187

OUR MISSION

We are a community of faith that welcomes and values all people.
We commit to follow Christ, serve others, grow in faith,
and transform the world by sharing God's love.

LAND ACKNOWLEDGMENT

St. Barnabas Episcopal Church acknowledges that the land on which we gather is within the ancestral territory of the “People of Clear Salt Water,” the Suquamish People. Expert fisherman, canoe builders, and basket weavers, the Suquamish live in harmony with the lands and waterways along Washington’s Central Salish Sea as they have for thousands of years. Here, the Suquamish live and protect the land and waters of their ancestors for future generations as promised by the Point Elliot Treaty of 1855.

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